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ORIGINAL ARTICLES.

A CATECHISM ON SAMUEL HAHNEMANN'S ORGANON.

By PROFESSOR SAMUEL LILIENTHAL, M. D.

A plain laborer went once to church to hear a celebrated preacher, whose eloquence was known near and far. After the service a parishioner asked that man how he enjoyed the sermon, and the poor man replied that it must have been a great sermon, but he failed to understand it. Years ago I gave to one of my students the Organon in vernacular and in the original to read, and bye and bye he came back and in sorrow exclaimed: "Why could that great man not write in such a language that a plain fellow, like me, can know what he meant?" Commentators tried over and over to explain every sentence (none better than Kent), and still the very necessity of commentators prove the necessity of abbreviating this great work, to give to the student the kernel in as few words as possible. If this is a sacrilege to the name of the father of homœopathy, may the good Lord pardon my sin.

1. The physician's highest and *only* calling is to restore health to the sick, which is called healing.

2. Healing ought to be accomplished in the most speedy, most gentle and most reliable manner.

3. To do this he must know the ailment of the patient, select the remedy, the dose and its repetition according to each individual case.

4. Sanitation and hygiene are studies in which every physician must be well versed.

5. Constitution of the patient, his mind and temperament, occupation, mode of living and habits, social and domestic relations, age and sexual functions, etc. Give us the *individuality of the patient*.

6. Deviations from the normal state show themselves by morbid signs or symptoms.

7. The totality of these symptoms, *this outwardly reflected image of the inner nature of the diseased state, i. e., of the suffering dynamic, or living force*, is the principal and only condition to be recognized in order that they may be removed and health restored.

8. Life, a dynamic principle, animates the material body, and this material body passes away as soon as it is bereft of this life-force. In health, harmonious vital processes go on in our mind and body, and in sickness this life-force becomes deranged by the dynamic influence of some morbid agency inimical to life, hence abnormal functional activity, manifesting itself by morbid sensations and functions, by morbid symptoms.

9. This morbidly changed life-force can only be restored to its normal state by a similarly acting dynamical power of the appropriate remedy, acting upon the omnipresent susceptibility of the nerves of the organism. The total removal of all symptoms is health restored, and therefore the totality of symptoms observed in each individual case can be the only indication to guide us in the selection of a remedy.

10. These aberrations from the state of health can only be removed by the curative power inherent in medicine to turn the sensorial condition of the body again into its normal state.

11. Experiments on animals, vivisection and autopsy can never reveal the inherent power of medicine; the healthy

human body alone is the fit subject for such experiments, where they excite numerous definite morbid symptoms, and it follows that, if drugs act as curative remedies, they exercise this curative power only by virtue of altering bodily failings through the productions of peculiar symptoms, which then they are able to remove from the sick; in other words, the remedy must be able to produce an artificial morbid condition similar to that of the natural disease.

12. Experience teaches that all drugs will unexceptionally cure diseases the symptoms of which are as similar as possible to those of the drugs, and leave none uncured.

13. Natural diseases are removed by proper medicines, because the normal state is more readily affected by the right dose of a drug than by natural morbid agencies.

14. Psychical and partly physical terrestrial potencies show their greatest power where this life-power is below par, hence they do not affect every body nor do they do so at all times; we may therefore assert that extraneous noxious agencies possess only a subordinate and conditional power, while drug-potencies possess an absolute, unconditional power.

15. Drug-disease is substituted for the natural disease, when the drug causes symptoms most similar to that which is to be cured, and it is hardly possible to perform a cure by means of drugs incapable of producing in the organism a diseased condition similar to that which is to be cured.

16. Palliation of prominent symptoms ought to be discarded, for it provides only in part for a single symptom; it may bring partial relief, but this is soon followed by a perceptible aggravation of the entire disease.

17. Primary and after or counter effect of drugs. During the primary effect of a drug the vital force receives the impression made upon it by the drug and allows the state of health to be altered by it. The vital force then rallies and either calls forth the exact opposite state of feeling or it neutralizes the impression made upon it by the drug, thereby establishing the normal state of health. The former a counter effect, the latter a curative effect.

18. Diseases peculiar to mankind are of two classes: (1). Rapid, morbid processes caused by abnormal states and de-

rangements of the vital force, *acute diseases*. (2). *Chronic diseases*, originating by infection with a chronic miasm, acting deleteriously upon the living organism and undermining health to such a degree that the vital force can only make imperfect and ineffectual resistance, which may result in the final destruction of the organism.

19. Acute diseases may be sporadic, endemic or epidemic.

20. Allopathy is to blame for many an incurable ailment; the organism becomes gradually and abnormally deranged, according to the individual character of the drug.

21. True chronic diseases arise mostly from Syphilis, Sycoses and Psora. The latter is often the fundamental cause and source of countless forms of diseases, figuring as peculiar and definite diseases in our textbooks on pathology.

22. *Individualization in the investigation of a case of disease* demands unbiased judgment, sound senses, attentive observation and fidelity in noting down the image of the disease.

23. The patient tells the history of his complaints, the attendants fill out the gap, narrating every thing which he might have forgotten. *The physician observes by means of sight, hearing and touch* what is changed and abnormal about the patient, and writes down everything in precisely the same expressions used by the patient and his attendants. Symptoms ought to be noted separately, one beneath the other, so that additions could be inserted. Careful inquiry by the physician will bring out the particular points, the modalities of each symptom. No leading questions are to be made, so that the patient may give unbiased his own sensations. Memoranda are then to be added of what he himself observed on the patient and anamnesis fully noted down.

24. The previous use of drugs may tarnish the picture of the disease, and it may be advisable to give a placebo for a day or two, so that afterwards a true picture may be attained. This holds especially good in chronic affections. In acute cases which brood no delay, the physician may be obliged to accept the morbid state as modified by drugs and embrace it in one record.

24. In chronic cases all the circumstances of the patient must be investigated: occupation, habits of living, diet, domestic relations, etc., so that appropriate means be taken for their removal. All this takes time and patience, as many chronic patients consider many a symptom as a part of their unavoidable condition, and forget to mention them, considering them of no value.

25. In the exploration of the totality of symptoms of epidemic or sporadic diseases, the physician should pre-suppose the true image of any prevalent disease to be new and unknown, and give it a new and thorough investigation. Nothing must be taken for granted. In all epidemics the physician may only be able to collect the full picture of the disease after the investigation of several cases. Only thus he arrives at the characteristic peculiarities of the epidemic, which affects all patients *alike*, because each case arises from the same source, and then we are enabled to discover the appropriate homœopathic remedy for that prevailing epidemic.

26. When all the prominent and characteristic symptoms of the case have been committed to writing, the most difficult part has been accomplished, and we must now seek out the corresponding drug which in its effects on healthy persons produces symptoms strikingly similar to those of the disease. Upon subsequent inquiry concerning the effects of the remedy and the changes of feelings it has produced in the patient, and after having made a new record of the case, the physician only omits from his diary the symptoms which were improved, and notes down what remains, or what has subsequently appeared in the form of new symptoms.

27. The entire range of disease-producing power of each drug must be known, that is, all morbid symptoms and changes of the state of health which each drug is capable of producing by itself in *healthy persons*, in order to discover what elements of disease each is able to produce and inclined to excite by itself in the condition of mind and body. Thus, the disease-producing power of drugs can be made available homœopathically in the case of all diseases.

28. Experiments made with moderate doses of drugs (except narcotics, which destroy sensibility and sensation), upon

healthy persons, exhibit only primary effects, *i. e.*, those symptoms by means of which a drug affects or deranges the healthy state and produces in the organism a morbid condition of variable duration.

29. *Some symptoms are produced by drugs in many healthy persons who try them; others are produced in only a few; others again are extremely rare, showing themselves only in peculiar constitutions, which, though otherwise healthy, are inclined to be more or less morbidly affected by certain things which appear to make no impression and to produce no change in many other persons.*

30. Each drug manifests particular effects in the human body, and no other drug will produce effects of exactly the same kind. Medicines must therefore be differentiated from each other with scrupulous accuracy, and proved by pure and careful experiments with regard to their power and true effects upon the healthy body. In proving drugs it should be remembered that strong, so called heroic substances, even in small doses, have the property of affecting changes in the health, even of robust persons. Those of milder power should be given in considerable doses in these experiments; and those of least activity, in order to cause their effect to become perceptible, should be tried only upon healthy, but sensitive and susceptible persons. Let us be very careful in regard to the reliability of the drugs used in the provings; they must be pure, genuine, and of full strength.

31. Every medicinal substance should be employed entirely alone, in a perfectly pure state, without the admixture of any other substance, and the prover should not take any other medicinal substance on the same day, or for so many days as the observation of the effects of the drug requires.

32. During the proving, the diet should be moderate, but nutritious; avoid all green vegetables, roots, all kinds of salad and pot-herbs, as they retain medicinal properties, even if most carefully prepared; avoid mental and bodily exertions, particularly disturbances resulting from the excitement of sexual excesses. Provers ought to possess the requisite degree of intelligence to enable them to define, or to prescribe their sensations in distinct expressions.

33. Crude medicinal substances, if taken by the prover

for the purpose of ascertaining their peculiar effects, will not disclose the same wealth of latent powers as when they are taken in a *highly attenuated state*, potentiated by means of trituration and succussion. Thus the medicinal powers, even of substances hitherto considered as inert, are most effectually developed by administering to the prover daily from four to six of the finest pellets of the thirtieth potency; the pellets, having been previously moistened with a little water, should be taken on an empty stomach for several days.

34. Drugs must be proved by both sexes, in order to get their full effects.

35. All persons differ in their susceptibility to drug influence. Each prover should begin with a small dose of medicine, gradually to be increased day by day where such a course appears proper and desirable.

36. By giving a sufficiently strong dose in the beginning of a proving, we get the exact, consecutive order in which the symptoms appear, and the prover can note the time at which each one appeared. Thus, we find out the genius of the drug. A moderate dose frequently suffices, when the prover is sensitive and pays proper attention to the state of his feelings. The duration of the effect of a drug is determined only after comparison of a number of provings.

37. When increased doses are taken several days in succession, we discover the various morbid conditions which this drug produces in general, but we will not learn the consecutive order of their appearance, and besides, a second dose, by its curative effect, will often remove some of the symptoms resulting from the previous dose; or a second dose may produce the opposite condition from that of the first, an alternating effect of the drug.

38. An increased dose for several successive days shows the symptoms better, but not the consecutive order, nor the duration of the drug effect.

During the proving the prover should study out whether any symptom is changed by taking different position, when ameliorated or aggravated, and at what time of day or night each symptom usually appears.

39. Several provings are necessary by the same prover to

get from him as many symptoms as possible, but to get at the totality of symptoms which a drug is liable to produce, the provings of many persons are necessary; the smaller the dose of the drug, the more distinctly the primary effects will appear, while excessive doses cause the result to be disturbed by the appearance of various after-effects, because the primary effects become confused by the violence and haste of the action of the dose.

40. Symptoms similar to the drug the prover has sometimes felt spontaneously before the proving was commenced, but when they appear again during the proving, it shows that he is susceptible to the action of the drug.

41. Every prover must be directed to distinctly write down every sensation and change of feeling, the time of its appearance, its duration, and then the director of the proving compares the different manuscripts of records. Thus, we accumulate a collection of genuine, pure, and undeceptive effects of simple drugs. Such records contain and represent in similitude the elements of numerous natural diseases hereafter to be cured by these means.

A materia medica of that kind should exclude every supposition, every mere assertion or fiction.

42. A drug fully tested with regard to its power of altering human health, and whose symptoms present the greatest degree of similitude with the totality of symptoms of a given natural disease, will be the most suitable and reliable homœopathic remedy for that disease, its specific curative agent.

43. A medicine possessing the power to produce an artificial disease most similar to the natural disease to be cured, exerts its dynamic influence upon the morbidly disturbed vital force, and in the right dose will affect those parts of the organism where the natural disease is located, and will excite in them an artificial disease.

Cactus Grandiflorus—Reached Paris in November, 1888, and was described in the *Bulletin Gen. de Therapeutique* as a new remedy for heart disease. Rubini of Naples introduced it some twenty-four years ago.

PROPHYLAXIS OF VACCINATION.

BY L. HENDERSON, M. D., SALEM, OR.

It may be deemed superfluous exertion to say anything touching the prophylaxis of vaccination. However unnecessary it may be, it is not altogether out of place to notice a paper presented to the recent International Congress of Anthropology by Henry D. Hanchett, M. D., of New York. Dr. Hanchett arraigns vaccination as not only falling short of prophylaxis, but as wrong or malpractice in that it lowers the vital forces, and predisposes to fatal issue of most other diseases. In so doing, his deductions are not based upon grounds that bear very close inspection. This objector unwittingly pillories himself in this expression: "Small-pox is a disease of external expression. It depends upon a union of a specific virus with an accumulation of certain kinds of waste product within the body, and it naturally determines those waste products toward the surface, where they can be cast off without injury to more delicate visceral organs. It is only in the worst cases, that a serious internal expression accompanies the external, and most authorities admit that discreet cases tend toward recovery, leaving none but good consequences, except for pock marks." He further asserts that these "waste products," "the proper food of small-pox" are "sure to demand and exit some time." If these waste products are the "proper food of small-pox" *only*, Dr. Hanchett has the question, and small-pox in its benign mission should be welcomed by those whose bodies are magazines of "waste products." But this is the very claim set up for *vaccination*, viz—that these morbid products are the proper food for vaccina. The advocates of vaccination simply point to the results of the practice, in the very classes among whom variola has hitherto found its victims.

Some twenty years ago the following illustrative case came under the care of the writer. Mrs. H—age about 19, with chronic eczema which appeared upon the arms and hands when she was two weeks old, and had been treated by the usual routine of alteratives, unguents, etc. Still this "external expression" of internal "waste products" remained to baffle all efforts for its removal. Just at that time small-

pox appeared as an epidemic, and she desired to be vaccinated. She stated that at about ten years of age she had been vaccinated, and that since then her eczema had been less severe. Acting on this hint she was vaccinated with pure bovine virus, with happy results. In a few hours after the vaccination, her arm began to swell, fever of ten days duration ensued; the sore on the arm continued to discharge for about a year. At the time of the vaccination mentioned last, her arms and hands were fissured and excoriated, which symptoms disappeared in a week, and have never appeared since, and her general health is to-day better than at any time previous to vaccination. Other cases of eczema disappearing after vaccination have since come under my observation. Recognizing the fatality of variola in such depraved constitutions, it will not seem strange that the writer does not hesitate to vaccinate them.

Dr. Hanchett assumes that vaccination certainly predisposes to the fatal ravages of diphtheria, relapsing fever, cancer, erysipelas, Bright's disease, septicemia, etc., by lowering the vital forces. This mode of reasoning condemns every remedy of value used to-day in medical practice. That vaccination is a preventive of variola, of unquestionable value, can no more be doubted because of occasional untoward results, than that occasionally a really valuable medicinal agent is followed by bad consequences. Eternal life will not come to us through vaccination.

IS IT POSSIBLE TO ERECT A HIGHER STANDARD OF MEDICAL KNOWLEDGE IN THIS AGE?

BY S. S. GUY, M. D., SAN FRANCISCO.

V.

Having as far as necessary for the purpose of these papers, set forth and discussed the several parts of the *Man* as separate entities, it now becomes necessary to conjoin the parts and present him as a completed and unitary being.

The *animus*, with the physical body, already existed in a condition fitted for the abode of the *anima* or distinctively

human spirit. This spirit was already a part differentiated from the creative living substance and organized in such a manner as was exactly adapted to carry out the design already existing in the Infinite Creative Mind. All things being now ready the fiat went forth: "Let us make man in our image, in our likeness."

Now which were easier and more rational, and which in better accord with all analogous facts exhibited in all the previous creations: to set to work and artificially build a form from the dust of the earth and breathe into it literally the breath of life, or to induct an already living and organized human soul into an organism which had been prepared by careful and successive development through countless ages by an evolutionary process governed by eternal laws, enacted and set in operation by the same omnipotence that had now created the *anima* or spirit which should hereafter regenerate and cause to be lifted up through the coming ages this lower creation which had with such pains-taking and intelligent care, been progressed to a condition so thoroughly fitted to receive it? It seems to me that there can be but one rational answer. I shall not attempt for a moment to discuss the *modus* or proceeding by which this conjunction was caused to take place. That it did thus take place I believe will erewhile become the conclusion, from the logical outcome of the operation of all minds that have reached a degree of development sufficient to enable them to enter into true relations with interior or spiritual life.

The truly *human* or *anima* has now been conjoined to the animal which up to this time had been actuated and governed solely by the *animus* inherent in him. This had given him the full scope of his will, desires and passions. He is now to be tamed and brought under control, and it is one of the chief functions of the *anima* in its relation to the natural plane of life to bring this about. But would the animal submit to be thus subdued after so long a career of unrestrained wildness?

The sequel alone could determine this query. What that has been to this time is measurably understood in its more external phases and outcome.

In all we learn on the subject from history, and from all cor-

roboration of experience, we are forced to conclude that war was declared soon after the conjunction took place. How long a passive antagonism was maintained before the open declaration was announced is not recorded, but it is very clearly stated in one old book, which is held as high authority by a large part of the civilized world, that a serious rupture did actually take place and that it resulted in serious consequences to the *anima* or king who had been crowned and put in possession of this wild and restless kingdom. But the success of the rebellion was made possible by the fact that this new ruler had in consequence of the seductive influence of the desires and passions of this wild animal, been led to yield in a large degree to its influences, and was thus led so far away from his pristine purity and virtue that he fell into the snare that was so artfully laid for him, and ignoring all the wisdom that had been originally implanted in him, became an easy prey to the animal nature which he had been set to subdue.

What was the primal cause of this dire calamity? It seems from the best record, and from best reasoning, that the *anima* had had imparted to it an all-implicating quality, which we have learned to call the *human will*. This made him a distinctive and differentiated human being, capable of controlling his conduct and actions. But another faculty had also been implanted which was to be his special guard and guide, and which was to be the distinguishing characteristic between the human and the animal. This was the *rational* faculty, and was of such a nature as to enable him to determine the quality of all his acts and procedures, and which should also focalize all his mental powers in his understanding, which last was to be the guiding light of his choosing power or will which was solely based in his affectional nature, and in itself was totally blind.

But the *animal* also had an affectional nature in which was based all his desires and passions. Having no rationality, or understanding the desires and passions of his nature constituted virtually his will and led him whithersoever they would.

But we should naturally expect that the superior qualities and powers inherent in the *anima*, when placed in conjunc-

tion with the *animus*, would be sufficient fully to overcome the antagonism of the latter, and bring it into ready and effective subjection. Why it did not has been a serious question of all the ages. That it *did not* is known and acknowledged by the major part of the civilized world. We are, therefore, obliged to accept the situation, and to face all of the terrible evils involved.

It is said that all evil is but perverted good. In the light of all we know of the past, as well as in all observation and experience of the present, this may be readily admitted.

There is no doubt a good and all-sufficient reason in the mind of the creator why these evils and false conditions have been permitted to continue through the ages. It is known that *antagonism is necessary* in all things in nature and in art, in morals and religion, in order that development shall reach its highest point. Without antagonism to incite to the fullness of power and action, all would soon become inert and stagnant, and, as has been proved by events in history, man would soon revert to barbarism. But this must not be admitted to be an unremitting and eternal necessity. It must be necessary only up to the time that man has become developed to his highest capacity for good, under his entire freedom of choice. When antagonizing temptations by being successfully resisted cease to have the power of exciting to and promoting use, they must be withdrawn, and incitements in the higher nature must lead the man in all his activities towards progress in life.

Without further attempt here to discuss the why and wherefore of this state of things, we shall posit the man as in the conflict, and endeavor to trace, and, if possible, discover some of the causes which have led to physical disease, and afterwards to see if we cannot suggest some better means than are known at present for its amelioration, if not for its entire removal. In this we shall not attempt any patent short cut, or to promote a revolution that shall lead to a sudden regeneration and purification of the race. We shall assume that laws were established in the beginning for this purpose, and that a recurrence to and operation of these laws are the only means to the important end we have in view.

In order that the man should remain in his integrity and

innocence, he must be kept from the knowledge of *good* and *evil* as separate qualities. Nevertheless, as it has been made to appear, he had already been put in possession of a very positive and executive power which completely individualized him, and in a certain restricted sense made him a law unto himself and gave him control of his actions. But as a counter-balancing power which could, if he would, enable him to preserve his integrity and uprightness, he was given the powerful analytical faculty of *reason*. This as a guide to his will was to be a lamp to his feet and a light to his path.

What was this remarkable tree which bore fruit that if tasted and eaten would lead to all the dire consequences involved in this terrible sentence: "But of the tree of the knowledge of good and evil, thou shalt not eat of it; for in the day thou eatest thereof thou shalt surely die." This evidently did not mean literal death, for the account goes on to state that the man and woman with force and power were driven out of the garden which had been planted for them eastward in Eden—whatever that may mean—and that a terrible curse was pronounced upon them. Whether this curse was literally spoken, or whether it simply inhered in the disobedience to and transgression of the command, matters little to our discussion. What followed is patent enough, and needs only a statement to be acknowledged by all observers and true thinkers.

It is clear to all high intelligence, that from the day that curse was pronounced and put in process of execution, man has been subject to great varieties of moral and physical diseases, and that it has taxed to the utmost the highest powers of intelligence to devise means to counteract and cure them. How they have succeeded, or have failed to succeed, the history of the past quite fully discloses.

We do not say that the result of these efforts has been a *total* failure, but do appeal to the consensus of all high mindedness to say, if they are such as should have been, if the *highest* laws operating in the cause and cure of disease had been fathomed, brought to light and acted upon? If the answer is nay, then there is room for more discovery.

In preceding papers we have tried to lay a foundation for still further suggestions regarding the origin and nature of

disease. In doing so we make no claim to profundity in reasoning, nor to any great depth of research, but have written right along as the spirit has moved within and set in motion the thinking machine. The subject is so vast and extensive in ramification that the chief difficulty encountered is to restrain the discussion within reasonably limited bounds for the channel through which the communication is made.

We have hitherto contemplated man principally in his physical and intellectual aspects. But in order to present him in his entirety as he appears to us we must consider his moral statue and his relations and responsibilities, both to the Creative Power and to his fellows.

In his moral relations exists the loftiest eminence of his being and, per contra, through them perverted he may descend to the deepest depths.

This implies an origin conditioned in creative sources and related to infinite causes. For if man did not create himself then he was created, and the creator must necessarily have possessed all the abilities indicated in all the physical, mental and moral possibilities inherent in the created being, and as a necessary corrolary must be able to control and dominate all of his movements and ultimations. This being the case, how shall we account for the strangely disjointed and perturbed moral and physical conditions of the race?

Following the natural and untrained impulses of feeling and of thought therefrom you would be led to assert that the Creator was a heartless tyrant to permit such terrible evils, as we see everywhere around us, to exist and to bear their legitimate fruits of misery and torture to the human race.

It is clear however, to any truly trained and cultured mind, that this would be the most unjust of judgments. For it is plain to be seen that in all things created outside of and below man the indications are most beneficent and far reaching in the direction of universal welfare.

Why then should man, the climax and culmination of all the creations, be placed to such apparent disadvantage?

It may be truly said to be self evident that the Being or Power that could create the *physical* heavens, to go no further, must have been possessed of all infinite powers and qualities, as omnipotence, omnipresence and omniscience. Further-

more, the order, providence and beneficence seen in the arrangements of all things for the use and comfort of all, provides irrefragible evidence that the central moving principle in Creation was goodness and benevolence.

This being so all idea of tyrannous evil in the creative power must be ignored and we must look elsewhere for reasons to account for the evil case in which we find the human race.

We have said elsewhere that one of the endowments of man by the Creator was the apparently absolute power of choice within the scope of his limited ability, and that upon the use he made of this power largely—if not chiefly—depended his happiness or misery, and that this power also involved personal responsibility in all its far-reaching consequences. We can also clearly see that the gravity of this responsibility is greatly enhanced by the fact that he was at the same time endowed with the faculty of *reason*, and that through the aid of this exalted faculty he had the ability to form a *conscience*, which should enable him readily to determine the quality of his propulsions and intended acts before they were put in process of ultimation.

Now, from the nature of these leading faculties of the *anima* or human spirit, it will be readily seen that all of the external, natural and physical acts and proceedings, as well as those of his higher nature, were intended to be completely under his own control. These were eminently sufficient in nature, quality and ability, if maintained in their integrity, to subjugate the animal into or in conjunction with which he had been placed, and to subdue, purify and elevate all of the propensities, appetites and passions inherit in the *animus* therewith conjoined.

We have already referred to, and quite plainly disclosed the fact, that the efficiency of these high and potent faculties was in some way paralyzed, or at least weakened to such a degree that they were no longer able, or if so not willing to stem the torrent of animal propensities and passions with which they were in contact.

In other words, man fell from his high estate, and *wilfully* not only consented, but yielded to the seductive powers of these terrible animal passions, and subjected himself, and by heredity, all of his posterity to the all-destroying pen-

alties, both spiritual and physical, which have clung to the race down to the present.

Having thus chosen to pervert the laws of his true being and existence, man was relegated to the awful conflict until such time as he should be willing not only, but should actually through this same will power put forth the effort to return to his lost or sacrificed position of purity, integrity and uprightness.

But the question now arises, could he do this of his own motion and through his own inherent power? Why not? It is plain that he fell into evil through his own choice and power, and therefore by the same choice and power he ought to be able to lift himself again and return to his pristine condition. But we are somewhat estopped here by the necessary introduction of an entirely new and additional factor, bearing upon his ability to voluntarily return.

When he was created or differentiated from the original source of creation, he was outside of the animal, but when conjoined to it his status was radically changed by being brought in contact with most contrary and diverse elements.

We have already conceded that creative *wisdom* was beyond impeachment or even question, and are therefore prevented from raising an enquiry as to the propriety of the procedure of the All Wise in man's creation, and thus are forced to the conclusion that the best and only method known to Infinite Wisdom was used for this purpose.

From the fact that what to us seem such terrible evils have inhered in or followed the race of man in all his long descent we are forced to argue, or at least to infer, necessity therefor. The inference is that in order to carry out the plan or purpose of the Creator it must need be that what we call evil should be permitted to exist or inhere as a possibility in the race.

This being conceded how does it bear upon the ability of man by or through his own unaided will to redeem himself from the thralldom of his animal relations?

But before we try to make any answer to this pertinent query we must revert for a moment to another inference regarding the necessity for the inheritance of evil in man. Yielding the fact that it was the determination of Infinite

Wisdom that what we call evil should be developed and follow man to some point along down the course of time, we must infer that it was an actual necessity in order that all the possibilities intended in man's creation should be worked out and consummated.

It is well known that antagonistic forces always tend to one of two results. It either increases the strength of the opposing force to the degree that enables it to overcome and put underfoot the antagonists; or failing in this, to be itself overcome and destroyed.

The beneficent creator seems clearly to have bestowed upon man ample elements of power, which when infilled with the constant efficient and ever-iminent outflowing power from Himself, should be sufficient to enable him to be ever a conquerer in the struggle.

This everpresent assurance should be the prime incentive to man to perseverance in putting forth the overcoming power to the climax of victory, and if he does not do so it leaves him without the shadow of an excuse for yielding to his antagonist.

This may be a short cut to arrive at so important an end as is here involved; and we may be met with the contention that the proposition of the *ever-iminent* and *ever-efficient* power from the Creator is not soundly based. Nevertheless, we must assume that all the evidences developed thus far, both from the natural and spiritual worlds force upon us our conclusion, and we shall insist that on the contender rests the *onus probandi*.

Man having thus by his own voluntary acts placed himself under the ban of exclusion from the paradise freely bestowed upon him by his maker, who but himself shall be at fault, and solely responsible for his own misery and suffering?

OUR Parisian confreres are to convene an International Homœopathic Congress, to be held in Paris during the Exposition, some time in the latter part of August.

Psorin. Ulceration around tips of fingers. (Verified).

SELECTIONS.

HYPERICUM SPECIFIC IN TETANUS.

By DR. HEUSER, LEIPZIG, A. H. Z., 1 and 2, 1889.

During my sojourn at New Orleans, I found out that difficulty of moving the mandibula is one of the first manifestations of tetanus, usually and with great regularity about the ninth day after the wound was inflicted. The latter was often quite healed, and the wounded person is well, and his family has nearly forgotten all about it, when on the ninth day the alarming symptoms of tetanus set in, and on the tenth day tetanus was fully developed and death too often closed the scene under any treatment, especially during the hot season. In the year 1866 the son of my pastor was bitten slightly on the hand by a dog. Arnica was given internally and externally, still on the evening of the ninth day trismus set in. The father in his anguish telegraphed the case to Lutje in Coethen and the telegraph returned: *hypericum*. I gave him the first decimal dilution, two drops every hour. During the night the little boy still had severe tetanic spasms, but towards morning he became more quiet, and during the day he had only three tetanic spasms, less severe and of shorter duration; shortly before midnight he passed through a most severe one, but it was the last one, and on the twelfth day the child could slightly open his mouth; a good sleep refreshed the boy wonderfully and convalescence was established.

Last October the young daughter of one of my neighbors, nineteen years old, was already suffering a week or so from tetanus. The poor girl lies stiff from head to foot, only the arms she can move a little. She suffered from terrible convulsions, and she could not lie down from fear of suffocation. Her mind is perfectly clear, though she complains of the most atrocious pains. September 1st her hand was caught in a machine and the index finger slightly injured at the tip, but the middle finger was crushed to splinters so that it had to be amputated. Surgeon amputated, treated at first the

wound rather indifferently, using only carbolized oil. September 10th trismus set in, soon to be followed by regular tetanus. Morphine brought sleep, but increased the severity of the spasms, during which she urinated copiously; obstinate constipation, necessitating enemata; appetite good and she takes fluids willingly; off and on fever with sweat, especially on head; the wound itself looks well and healing; hypericum 1x in hourly alternation with ledum 1x, because the patient could not lie down in bed. Cured. S. L.

INSANE ASYLUM STATISTICS.

HARRISBURG, PA. (Allopathic.)		
Average percentage of Deaths for five years.....		7.40
“ “ Recoveries “		4.37
NORRISTOWN, PA. (Allopathic.)		
Average percentage of Deaths for five years.....		7.59
“ “ Recoveries “		5.85
DANVILLE, PA. (Allopathic.)		
Average percentage of Deaths for five years.....		4.82
“ “ Recoveries “		4.96
DIXMONT, PA. (Allopathic)		
Average percentage of Deaths for five years.....		8.33
“ “ Recoveries “		5.84
MIDDLETOWN, N. Y. (Homœopathic.)		
Average percentage of Deaths for five years.....		4.26
“ “ Recoveries “		15.10
WESTBOROUGH, MASS. (Homœopathic.)		
Average percentage of Deaths.....		4.40
“ “ Recoveries.....		12.79
IONIA, MICH. (Homœopathic.)		
Percentage of Deaths, Sept. 30, 1886, to June 30, 1888.....		3.60
“ Recoveries “ “ “		12.00

An international Congress of Dermatologists and Syphilographers will be held at Paris, commencing August 5th and continuing five days.

Mezereum for thick, offensive, yellowish pus, scales dirty chalk white, superficially dry but moist beneath. Intolerable itching. “Fish-scales.”



OPHTHALMOLOGY AND OTOTOLOGY

DEPARTMENT CONDUCTED BY H. C. FRENCH, M. D.

A CONCISE AND PRACTICAL TEXT-BOOK ON DISEASES OF THE EYE.

During the coming year, if health and strength permit, the conductor of this Department hopes to finish a work which has been in contemplation since his second course of lectures to the students of Hahnemann Medical College, and parts of which have long been completed. His purpose is the production of a text-book for homœopathic students of ophthalmology which will supply all the needs of busy students without necessitating the labor of wading through pages of irrelevant and useless matter; and especially to give the very latest anatomical and physiological discoveries in this rapidly advancing branch of medical science. Furthermore we have dared to hope that such a book might not be wholly void of interest to general practitioners, the best of whom continue to be students and beginners to the end of their professional race. We would therefore earnestly solicit from our worthy colleagues, hints and suggestions as to the plan of a work which would meet their individual wants. If the text-book upon which you have depended has been a disappointment, please let us know in what respects, and these points from various sources will be most important aids in the production of just that kind of a book which will meet the urgent wants of the busy practitioner. We would solicit the record of any authentic cures under the homœopathic law, in order that we may enlarge and enrich our already wide and successful field of ophthalmic therapeutics; for upon this feature of the work, largely, we must depend for its popularity and success. This is a hearty and genuine invitation to the profession to itemize their wants, and emphasize their own ideas in advance of our work for their good.

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DETACHMENT OF THE RETINA.

Our old-school brethren have of late been enriching medical literature with authentic instances of spontaneous cures of detachment of this delicate organ. Hotz of Chicago records a case in which he found detachment in one eye and a senile cataract in the other, when removal of the cataract was followed by cure of the detachment in its fellow. Happily their more fortunate brethren of the despised school of medicine are not forced to hand in hopeless expectancy with their sad eyes bent upon the uncertain vision of spontaneous cure, but in gels, apis and kindred agents have found undoubted remedial power against the hopeless pathology of amotio retinæ. At the old Ophthalmic we saw one brilliant cure of this trouble following the use of puls. Gels., however, will be found the most reliable and satisfactory remedy for detachment. It will now be in order for our allopathic brethren to amuse us with sophomoric accounts of the brilliant discovery, by the only school, of the curative power of gels. in detachment of the retina. We here and now give them credit for an unlimited amount of this kind of knowledge. Great is Allopathy!!

Colleges, Hospitals and Societies.

CALIFORNIA STATE HOMŒOPATHIC MEDICAL SOCIETY.

The following circular has been sent to the members of the society:

1409 GROVE STREET, OAKLAND, CAL., Jan. 25, 1889.

Dear Doctor: In view of the urgent demands for securing the most efficient workings of the State Society, I appeal to you in the most earnest terms to use your best efforts to make the coming session one of vital interest.

To secure these results it is important that the various bureaux be fully represented. And may I ask you to avoid

the error so frequently made, which is the idea that a paper to possess merit should be lengthy, requiring much time to prepare, and is therefore never produced? The reverse is true. Papers which simply state diseased conditions, diagnosis, symptoms and drug characteristics, with results both favorable and unfavorable, are pearls of great value, and it is such (one or more) I earnestly ask you to give to the Society at its next meeting. By so doing you will benefit yourself, the profession and suffering humanity.

In addition to this I ask you to be present, and to urge the attendance of others of your acquaintance, and if among them there are those who are not associated with the Society, induce them to become members.

The Society, at its last meeting, adopted a new constitution which involved much time, securing a far better basis through which we may, if we will, reap a rich reward.

At the coming session, to be held on May 8th at the Hahnemann Hospital College, San Francisco, there will be presented subjects of vital interest to every member of our school, the public, and profession at large, in view of which your aid and counsel is urged.

Fraternally yours,

S. POWELL BURDICK, M. D.

Pres. of Cal. State Hom. Med. Soc.

NEW LICENTIATES.

The following have been granted licenses to practice by the Homœopathic Board since our last issue:

A. C. Avery, San Jose, N. E. Medical College, Boston.....	1862
R. E. Freeman, Santa Clara, Hahnemann Medical College, Philadelphia.....	1886
H. T. Meyers, San Diego, Hahnemann Medical College, Chicago.....	1883
T. J. D. Skewes, San Diego, Pulte Medical College, Cincinnati, O.....	1885
S. E. Bailey, San Diego, Iowa State University....	1883
A. E. Marsh, Greeley, Col., University of Michigan.....	1879
F. S. Gleason, South Riverside, Iowa State University.....	1882

Ferr. Phos. Acute rheumatism with intense hyperaesthesia aggravated by motion, or idea of motion, bed felt hard.
Ferr. Phos. 6, cured. (Deschere, N. A. J. H.)

CORRESPONDENCE.

A LETTER FROM CARSON, NEVADA.

CARSON CITY, NEVADA, Feb. 15, 1889.

EDITORS CALIFORNIA HOMŒOPATH: In your issue for January, 1889, Vol. 7, No. 1, on page 29, appears a communication signed J. L. Meyer, M. D.

I can hardly find language to express myself *moderately* as to the contents of that letter, or the wretched fraud and falsifier who penned it. It is true that the lady referred to, and who is my wife, was unfortunately persuaded to place herself under the treatment of this *quack*—who was in reality forced to stop his practice in this place for the reason that he had no diploma, nor could he get one—and his word being totally unreliable. I innocently stood his friend amid heaps of abuse and the return he makes is to bring humiliation, sorrow and worse health than before to my wife. This man Meyer, never performed a complete cure in this section of country; but like others who make their living dishonestly, he appeared to help his few patients for the time being. As soon as his true character was discovered he was repudiated in every way, as well as by the medical fraternity here, and in Grass Valley and other places, his reputation is anything but creditable.

His concluding remarks that "This case has given me quite a prestige and known through the whole State," I can safely promise him that if I can get my hands on his pitiful carcass, this sentence in his letter will prove to be the only really truthful one in it. Respectfully, &c.,

WM. T. HANFORD,

Chief Clerk, State Land Office, State of Nevada.

CLINICAL ITEMS.

Millefol. has florid haemorrhages, all wounds bleed easily. Remember it in haemorrhage of the lungs. It is one of the best remedies, rivaled here by *Erechthites*, which also has bright red blood from nose and lungs.

Natrum phos. Rheumatic arthritis, especially of finger joints. Urine dark red. Pains suddenly go to heart. Sore hamstrings.

Ammon. Carb. Acute symptoms from getting wet.

Conium. Giddiness when lying down at night.

Kali mur is most prominently indicated where plastic exudation with progressive tissue metamorphosis has taken place. Long continued, the drug has been of service in pelvic cellulitis and in hemorrhoids of firm consistency, the firmness produced by inflammatory exudative products.—*Porter*.

Kali mur.—Dr. Moffatt of Brooklyn has had great success with this remedy in ulcers, especially maculæ of the cornea.

Dr. Warner has used it with success in chronic catarrh of the middle ear.

Dr. Robinson uses it in eczemas with plastic exudation and thickening of skin.

Melilotus removes soreness and lameness which frequently follow an attack of neuralgia.

Mel cum Sale. Left side of abdomen is tender with a feeling of twisting. Pain comes when twisting the body.

Ulmus. Rheumatic pain above wrists. Numbness and tingling of feet. Soreness near tendon of the gastrocnemius.

For *granular lids*, apply with a camel's hair brush once daily the following: Ferri Sulph., gr. x; Acid Sulph Arom. gtt. 1.; Aqua Dist., oz. i. m.

Cantharis is the remedy for inflammation beginning at the dorsum of the nose and spreading to cheeks.

Senec. aur. is excellent in hæmaturia; renal pains with nausea.

Quassine. Dyspepsia with muscular constriction across the upper or middle third of the chest anteriorly, with or without pains and dyspnœa, tongue thickly coated with a grayish fur; loss of appetite; thirst; and especially in convalescence from acute disease.—*Morrison*.

The California Homœopath.

A MONTHLY JOURNAL,

Devoted to the cause of Homœopathy on the Pacific Coast. The only Homœopathic Medical Journal west of the Rocky Mountains.

EDITORS. - - WM. BOERICKE, M. D. and W. A. DEWEY, M. D.

PUBLISHERS, BOERICKE & SCHRECK.

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Quarter Page.....	10 00	15 00	20 00	25 00

Address all Communications, Exchanges, Books for Review, to

THE CALIFORNIA HOMOEOPATH, No. 234 Sutter St., San Francisco, Cal.

EDITORIAL NOTES.

STATE SOCIETY.

WE would again remind members of the California State Homœopathic Medical Society of the approaching meeting in this city in May next. The President, Dr. Burdick, has issued his call and invitation and called attention to the vital interest of this coming session. The various bureaux are in the hands of excellent chairmen, who, no doubt, have selected capable co-laborers. Let no one shirk his duty, but come prepared, one and all, with some short, pithy, practical paper and then the ensuing discussion will be sure to be of benefit to all.

THE Belgian Homœopathists have followed the lead of our English brethren in provoking a public discussion, arising

from their attempt to get a representation in the public hospitals of Antwerp. Like all similar discussions elsewhere it resulted favorably to Homœopathy, for the good public likes fair play and all that Homœopathy asks is simple justice. It will not be long before every hospital supported by public taxation will be forced to give the Homœopaths—who are large tax-payers as a rule—due recognition, and then we will have an opportunity to convince the general public of the superiority of our method, not to speak of the greatly reduced expense in connection therewith.

OUR esteemed Chicago confrere, Prof. Temple S. Hayne, President of the Western Academy of Homœopathy, is desirous of extending the usefulness of this association by soliciting memberships from this Coast, a region coming within the geographical idea of the Western Academy. If a sufficient number of new members from this Coast can be secured, it would be exceedingly likely that the next annual meeting could take place in San Francisco, which would give us an opportunity to meet some of the brightest and most active men of our school. The meeting this year takes place in August in Rock Island.

Personal Notes, Locations, Etc.

DR. AMY G. BOWEN has removed to No. 824 Sutter street.

J. T. MARTIN, M. D., of Woodland, recently paid us a short call.

PROFESSOR H. C. FRENCH has returned from a short vacation to San Diego.

DR. W. W. GAMBLE, of Santa Cruz, paid us a flying visit recently. The Doctor is doing well.

DR. CHARLES, formerly of Nevada City, has opened an office on Sutter street above Dupont.

CARRIE B. FLOWER, M. D., has located at Los Gatos. A very promising field for so good a practitioner.

DR. L. HOLTZ, late of San Luis Obispo, has come to San Francisco and located at 1210½ Valencia street.

THE *U. S. Medical Investigator*, hitherto published by Duncan Brothers, Chicago, has been sold to Dr. W. E. REED of that city, and will appear regularly the 15th of each month.

THE NORTHWESTERN JOURNAL OF HOMŒOPATHY is to be the name of a new journal that will soon appear, with its headquarters in Iowa City; A. C. Cowperthwaite, M. D., Editor; F. J. Newberry, M. D., Business Manager.

DR. B. L. BAKER, a graduate of Hahnemann Medical College, Philadelphia, intends to locate himself permanently in San Francisco, paying especial attention to gynæcology, a branch in the study of which he has enjoyed rare advantages,

SNELL, HEITSHU & WOODWARD, the enterprising wholesale druggists of Portland, Oregon, are about to start a pharmaceutical journal. We shall welcome this new venture as it is the first journal devoted entirely to pharmacy on this coast.

BOOK REVIEWS.

Fourth Annual Report of the Trustees of the Westborough Insane Hospital, for the year 1888.

Cordial thanks to Dr. Paine, its Superintendent, for the facts; Homœopathy has been strictly adhered to in our practice during the year. Hypnotics have never been used, and judging from the probable results obtained, they need never be prescribed in this hospital.

Daily average number of patients 370. Amount for medicine and medical supplies for the whole year, \$723.18. That alone shows a great saving in comparison with the asylums under old-school treatment; but an old-school friend by my side wants to know how much might be put under the heading: All other current expenses? Quien sabe!

Of 642 patients during the last year, 173 were discharged cured or greatly improved, which is an excellent showing, for insanity is a tedious, chronic disease, and we beg the worthy Superintendent to publish particulars about some of his cases.

Homœopathic physicians of the States of California and Oregon, what have you done to further the establishment of a Homœopathic Asylum on the Pacific Coast? It can be done if you work harmoniously together. Do not say, what is everybody's business is nobody's. Bring it before the Legislature at its next meeting and see to it that your candidate is in favor to do our school justice. We ask only for our rights, and it will be granted. S. L.

Transactions of the Homœopathic Medical Society of the State of New York, for 1888.

I feel in good humor, for in opening the book I looked at the photo of my dear old friend Helmuth, and even if I felt like it, I cannot quarrel with Dr. H. M. Paine. Let the Dr. have his old hobby against dynamization, the world moves on and perhaps even he might be finally convinced that force, dynamics is not matter, though it needs the latter to show its existence: The specialists rule the hour, and we find each and all of them well represented, and we need not feel astonished to see too often external applications and surgery recommended when the simillimum and tincture of time would have added the jucunde to the cito. Midwifery looms grandly up, and we thank Prof. Danforth for his valuable contribution. Why is it in this great State Materia Medica rather neglected; why should New York yield therein the palm to the Keystone State, as the transactions of both States clearly prove? Belladonna deserved a more thorough study than we find in the pages of the Transactions, and what a glorious verification it would have been if every physician of the Excelsior State would have recorded his successes and his failures with this polychest. I look again at the picture of dear Helmuth and think of Dolly Varden, and I am sure the Transactions of 1889 leave nothing to be desired.

S. L.

Transactions of the Homœopathic Medical Society of Pennsylvania, 1888.

Our Homœopathic Mecca spoiled us; we are so much used to find there everything only of the best, that this volume rather disappointed us. Such articles as those on chorea or on constipation of infants, have no place in the Pennsylvania Transactions; they are mere copies and are of little value. Our surgeons in the Keystone State are too apt to forget that there is such a thing as a Homœopathic Materia Medica, and antiseptis, and bacteria destroyers are the strange gods they follow. I wonder that none ever used that glorious drug, *Tarantula cubana*, for anthrax or carbuncle. We witnessed most excellent results from its internal use and a subcutaneous loosening of the slough soon relieved tension and pain. All hail to Pittsburg! That smoky city sheds more light on Homœopathy than any other city in the country, and the labors of the Farrington Club deserve close study. Another old point is mentioned that on treating hay fever the patient must be treated and his idiosyncrasies changed. When Dr. Griffeth says that he had no symptoms between the attacks, we even doubt the assertion of such a careful observer, though he may then show not a symptom hinting to catarrhus aestivus and our success would be greater when we teach such patients that they must be treated during the intermediate nine or ten months. After all, it will repay any one to study these Transactions from the first to the last page, and even the surgeon might learn something from Dr. Martin's (Pittsburg) case of preliminary tuberculosis. S. L. and tincture of time are grand aids in homœopathic treatment and far too much neglected. But let us follow the advice of the worthy President and be charitable one to another, and let us be thankful for the good things we once and a while receive.

S. L.

American Resorts, with Notes upon their Climate. By BUSHROD W. JAMES, A. M., M. D., Member of the American Association for the Advancement of Science; the American Public Health Association; Pennsylvania Historical Society; Franklin Institute, and the Academy of Natural Sciences, Philadelphia; The Society of Alaskan Natural History and Ethnology, Sitka, Alaska; etc., etc., etc. With a translation from the German by Mr. S. Kauffman of those chapters of "Die Klimate der Erde," written by Dr. A. Woeikof, of St. Petersburg, Russia, that relate to North and South America, and the islands and oceans contiguous thereto. Intended for invalids and seekers after health and longevity, as well as for those who desire to preserve good health in a suitable climate. Philadelphia, Pa.: the American Biographical Publishing Co. 1888.

In press—nearly ready.

The Comparative Danger to Life of the Alternating and Continuous Electrical Currents. BROWN.

Success and Failure of Electrolysis on Stricture. By R. NEWMAN, M. D.

The Laws of Blockade. By THOS. NICHOL, M. D., Montreal.

Three Cases of Papillomata of the Larynx. By HORACE F. IVINS, M. D., Philadelphia.

POPULAR DEPARTMENT.

LAXATIVE FOOD.

By JEROME WALKER, M. D., BROOKLYN.

In the majority of cases constipation in children is due to what medical men call a want of tone—a sluggishness of the encircling muscles of the stomach and of the intestines. Ordinarily, in health, as soon as food reaches the stomach, the sensitive nerves of that organ report the fact to the brain, and it sets by motor nerves the muscles of the stomach in motion, which, at the same time that they move the contents of the stomach from side to side, help to squeeze into them the gastric juice which softens and digests these contents. As the food is pressed out of the stomach into the small intestine, the muscles surrounding it promptly propel the contents of the intestine along. While some of the contents

here, as in the stomach during their digestion, are absorbed by certain vessels and carried into the blood, the remainder is pushed along into the large intestine, which is practically the sewer of the body. Here, too, the lining membrane and the muscles need to be alert, else the refuse will block up the tube.

THE ACTION OF LAXATIVES.

Sluggishness or want of tone is sometimes apparently inherited from the mother, or it may be due to breast-milk or other food which is deficient in salts, or which from its too bland nature—rice, for instance (unless given with molasses)—has little or no stimulating or laxative property. Medicinal substances given as laxatives increase the secretions of the intestinal canal, and so succeed in washing out the bowels, or, by acting through the blood on nerves and muscles, propel the contents along.

IRRATIONAL EATING A CAUSE OF CONSTIPATION.

Food substances are local in their effect, and while, on general principles, hygienic measures are frequently more rational than medicinal, still a blind reliance on the first may necessitate an heroic use of the second. I have seen instances where the very frequent use of oat meal, of brown bread and stewed fruit, for example, has induced either an irritability of the bowels, and a more or less persistent diarrhoea, or the repeated irritation has induced a torpidity which had to be relieved medicinally. I can easily understand, therefore, why it is that every once in a while we see in newspapers and journals a tirade against oatmeal, a statement as to the evil results of its use—in reality of its abuse. The intestinal portion of the alimentary canal, like the stomach and palate, can be taught in most people to act properly, and like them will be very soon disordered if the owners eat irregularly and of improper food. Irregular eating, and the use of food not adapted to the needs of the system, establish a more or less persistent irregular action of the stomach and intestines in different persons. And as the children readily imitate the bad habits of the parents, if not their good ones, it is not surprising that (knowing, as we do, how many parents are careless) many children grow up constipated. There are certain families where cathartic or so-called liver-

pills, sometimes drastic in their action, are *relied* upon for movements of the bowels, or where an enema is used once or twice each day in preference to proper food, etc.

THE IMPORTANCE OF REGULAR HABITS.

In relieving chronic constipation the first endeavor, and the one to keep in mind, is to establish as soon as possible the *habit* of regular movements. Careful guardians see to it that as soon as the baby is able to sit upon a vessel it is put there at regular periods and encouraged to effect a movement. Later the child is watched to see whether it goes regularly to the water-closet. Physicians too frequently find that mothers do not know whether children are regular or not. If we do not set the children a good example, and if we do not have an oversight over the habits of our babies and older children, we cannot expect to reap much benefit from even a judicious use of laxative food.

VARIOUS FOODS AND THEIR EFFECTS.

Some of the foods which have a tendency to constipate are condensed milk, tea, hard-boiled eggs, barley and rice water, thickened milk, toast, mutton broth, rice, corn-starch, potatoes and other starchy foods and white bread. Some of those whose tendency is to stimulate the alimentary canal to action are coffee, oatmeal, Indian meal, soups, beef-tea, sweet potatoes, fruits fresh and stewed, green vegetables, molasses, beans, graham, corn and Boston brown bread, graham and oatmeal crackers, and molasses cake. Some of these, such as beans, molasses, Indian meal, and even oatmeal if given in large quantity or frequently to the exclusion of a varied diet, will be likely not to readily digest, and to give rise to diarrhoea, the formation of gas and consequent discomfort and pain.

OATMEAL WATER.

To young babies, if the proper food and regular habits of the mother do not avail to overcome the child's constipation, oatmeal water added to the milk, in quantity from one-half to one-third, is frequently serviceable. It may be prepared in proportions as follows, a supply being obtained in the morning, enough to last for twenty-four hours. It should be kept on the ice. If it becomes at all sour it should not be used:

Add one tablespoonful of fine oatmeal (steam-cooked is preferable) to one pint of cold water. Stir well and strain off the water. Boil the water thus strained off until it is reduced to about one-half in quantity. When ready to use add to it one-half or two-thirds milk, sweeten a little and also add a pinch of salt.

